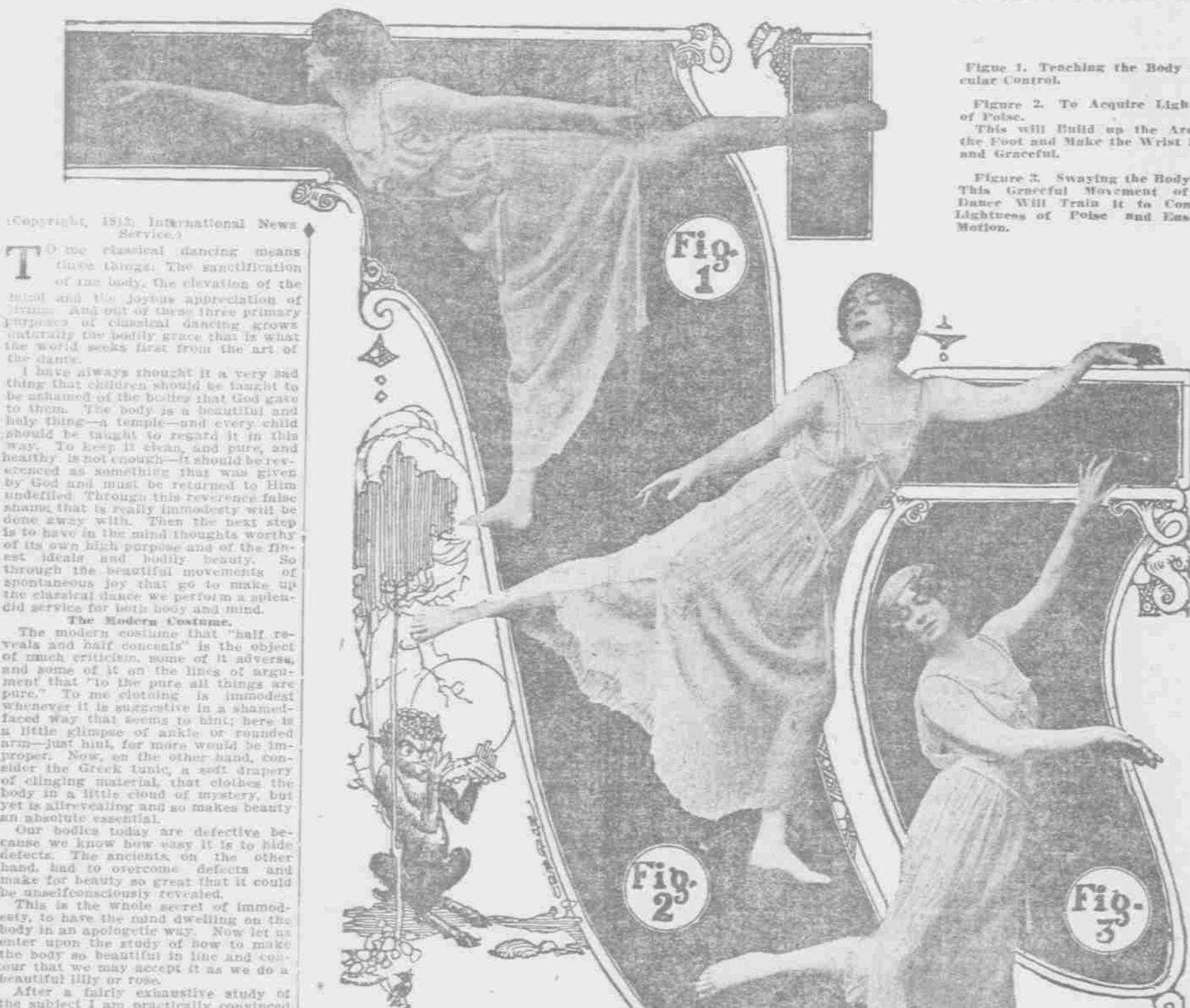


## How to Acquire a Beautiful Figure Through Dancing. By

## Lady Constance Stewart Richardson

Article No. 2:  
Flexibility and Poise



TO me classical dancing means three things. The sanctification of the body, the elevation of the mind and the joyous appreciation of the art. And out of these three primary elements of classical dancing grows naturally the bodily grace that is what the world seeks first from the art of the dance.

I have always thought it a very odd thing that children should be taught to be ashamed of the bodies that God gave to them. The body is a beautiful and holy thing—a temple—and every child should be taught to regard it in this way. To keep it clean, and pure, and healthy is not only a duty, but a privilege. It is something that was given by God and must be returned to Him unblemished. Through this reverence false shame that is really immaturity will be done away with. Then the next step is to have in the mind thoughts worthy of its own high purpose and of the finest ideal and bodily beauty. So through the beautiful movements of spontaneous joy that go to make up the classical dance we perform a sacred service for both body and mind.

**The Modern Costume.** The modern costume that "half-reveals and half-conceals" is the object of much criticism, none of it adverse and some of it on the lines of argument that "to the pure all things are pure." To me clothing is immediate whenever it is suggestive in a shamed-faced way that seems to hint; here is a little glimpse of ankle or rounded arm—just hint, for more would be improper. Now, on the other hand, consider the Greek tunic, a soft drapery of clinging material that clothes the body in a little cloud of mystery, but yet is all-revealing and so makes beauty an absolute essential.

Our bodies today are defective because we know how easy it is to hide defects. The modern dress, on the other hand, had to overcome defects and make for beauty so great that it could be unselfconsciously revealed. This is the whole secret of immortality, to have the mind dwelling on the body in an apologetic way. Now let us enter upon the study of how to make the body so beautiful in line and color that we may accept it as we do a beautiful lily or rose.

After a fairly exhaustive study of the subject I am practically convinced that nothing so surely gives bodily beauty combined with purity of mind as do the ideal movements of the revival of classical dancing.

Today I wish to illustrate my theory with three exercises, poses or movements of the dance that make a good beginning for the study of how to beautify the human figure through dancing.

In the first figure the figure is poised firmly on the forward foot, while the other leg is raised to a position parallel with the floor and stretched back as far as possible; the arms, too, are stretched to the utmost, while life and motion extend to the fingertips. The tension in the stretched muscles will keep the body elevated to the point of absolute muscular control.

Figure two shows lightness of poise. It will help arch the instep and flex the wrist into graceful lightness. Finally, figure three combines lightness of poise with ease of motion. Notice the graceful sway of the body, the flexible wrist and the graceful line and color of the whole body to leap from this position of life and light into the next movement of the dance.

If these exercises are faithfully practiced the limbs will soon come to have a flexibility and lightness that are the first essential of grace. That unpleasant consciousness known as the sensation of being all arms and legs is trained into ways of muscular control and lightness. But what is easy for the very young is a task in later years. Little children should be taught to adjust themselves readily to motions of grace. In later life the woman who will study these general movements will find that what is easy for the young is a task in later years. Little children should be taught to adjust themselves readily to motions of grace. In later life the woman who will study these general movements will find that what is easy for the young is a task in later years.

The simple practice of dancing as they danced in those Elysian days when all the world was young is indeed the secret of renewing youth today.

## AVIATORS CALL OFF FLYING BOAT RACE

Muskegon, Mich., July 15.—The flying boat race from Chicago to Detroit has been called off by mutual agreement of the contestants. The race was to have been held on Monday, but Glenn Martin, who returned to Muskegon early this afternoon from Detroit, advised the committee in charge of the race that he would withdraw the prize money.

## DEATHS AND BURIALS

**MRS. HAZEL ZSCHACH.** The body of Mrs. Hazel Zschach, who died at her home, 3714 East Rio Grande street, Sunday, July 14, was buried at her former home at Harvard, Ill., for interment. Her husband, W. Zschach and two children survive her.

## MRS. N. J. FINNEY.

J. J. Finney, chief clerk at the Federal freight department of the El Paso & Southwestern system, received a telegram Tuesday morning announcing the sudden death of his mother, Mrs. N. J. Finney, at McKenzie, Texas, yesterday, aged 62. She had been in failing health for several months, but it was not thought her condition was serious, and her death was unexpected. Mr. Finney's father, Prof. N. J. Finney, is president of Bethel college at McKenzie and visited his son in El Paso some years ago. Mrs. N. J. Finney, formerly of El Paso, is still in South America, where he is married. The family at the Madre-Madre railway company at Porto Velho, Brazil, having been there about two and a half years. Mr. Finney will not go to Tennessee at this time, as the news came too late for him to attend his mother's funeral.

## AMUSEMENTS.

**THE BATTLE OF NACO.** The picture of the battle of Naco, one of the hardest fought battles of the Mexican revolution, will be shown tomorrow at the Unique. The picture was made by Homer A. Scott during the actual fighting and demonstrates what great risks a moving picture photographer will take in order to secure an unusual picture. You may see the Mexican soldiers fighting for their lives, see the American troops cross the border, see the regimental bugler sound "charge firing," see the surrender, see the manner in which the victorious Mexicans dispose of the dead, etc. Don't miss this picture or you'll always regret it. It will be shown at the Unique tomorrow.—Advertisement.

Good pictures, good music always, at Grecian Theater.—Advertisement.

## SMALL LOSS SO FAR FROM FOREST FIRES

Washington, D. C., July 15.—As the summer progresses without heavy fires on the national forests, the forest service is having higher hopes for small fire damage during 1913. Not only has the fire loss on national forests to date been gratifyingly small, but conditions everywhere except in the southwest, according to the officials of the forest service, are more than ordinarily favorable.

During the past week, general rains in the far western states, with the exception of Arizona and New Mexico, have reduced the present fire hazard to a minimum. But in the latter two states the weather is reported very dry, with occasional light showers that bring chances for fires set by lightning. Four fires have been burning on the Coconino forest in Arizona, and during the past week there have been 58 fires all told in the two southwestern states. An average of 20 fires a week is reported as 2990 acres, an estimated 20 acres of forest burned on national forests in all the western states.

Thus far this season there have been 20,795 acres burned over on the national forests, or only sixteen-thousandths of the area of the acreage which the forests include.

## CLOUDBURST IN OHIO DOES \$20,000 DAMAGE

Zanesville, O., July 15.—Residents of Zanesville feared a repetition of the March floods when the heavy rains which started Sunday night developed into a cloudburst and the rainfall of 6.45 inches. More than 30 bridges were washed out. The loss was estimated from \$20,000 to half a million dollars.

Thousands of acres in this county were under water, while in this city 50 houses were inundated to a depth of eight feet. In the flooded districts people found the water approaching their homes rapidly and they moved their furniture to the upper floors.

## THE COURTS.

**41ST DISTRICT COURT.**  
A. M. Walthall, Presiding.  
P. H. Shannon vs. El Paso Electric Railway company, suit for \$1473.00 damages to automobile and business.

**COUNTY COURT.**  
A. S. J. Eyer, Presiding.

C. Stein, charged with unlawfully selling liquor; complaint filed.  
G. Lora, charged with carrying a pistol; complaint filed.

## JUSTICES COURTS.

E. R. McClatchey, Presiding.  
Isaac Aldridge vs. C. Aguirre, forcible detainer suit; judgment for plaintiff.  
Cristiano Flores and Rafael Rodriguez, charged with burglary; held to grand jury in sum of \$200 each.

J. M. Stevens vs. J. P. Freeman, suit on account, \$84.75; filed.  
William Van Haselen, suit on account, \$22.95; filed.  
Jenaro Centeno vs. William Van Haselen, suit on account, \$23.50; filed.

G. Lora, charged with assault; fined \$5 and costs.

Ida Green, charged with theft over \$50; complaint filed.

**Case Settings.**  
2245—Hulson & Allen vs. J. A. Dick, 7-18-2 p. m.

2246—Hulson & Allen vs. A. W. Reeves, 7-18-2 p. m.

2247—American National Bank vs. Howard Foster, 7-18-2 p. m.

2248—Gurner vs. Sando, 7-15-2 p. m.

2249—Harvey vs. Selzer, 7-22-2 p. m.

2250—Pogue vs. Giltz, 7-22-2 p. m.

2251—Miller vs. Leinsky, 7-22-2 p. m.

2252—Caruso vs. G. H. & S. A., 7-22-2 p. m.

2253—Tyler vs. Millican, 7-22-2 p. m.

2254—Whipple vs. Brew, 7-17-2 p. m.

2255—Pogue vs. Bichel & Soid, 7-21-2 p. m.

2256—East El Paso Fuel Co. vs. Dunn, 7-22-2 p. m.

2257—Canova vs. Moore, 7-22-2 p. m.

2258—Western Grocery Co. vs. Dunne, 7-22-2 p. m.

2259—Bennett vs. Condeiros, 7-20-2 p. m.

2260—Mase et al vs. Herred et al, 8-2-2 p. m.

**NEW YORK SUPREMACY.**  
WEDS. CAPITALIST IN LONDON  
London, Eng., July 15.—Miss Inez Milholland, the New York suffragist, was married today in this city to John D. Botschman, a capitalist whose home is in Amsterdam.

The coolest place in town—Grecian Theater.—Advertisement.

## SCOUTS FIND NO REBELS NEAR JUAREZ

Local Rebels Hoisting Calera—Medium House for Ammunition and Pails to Find Any.

Nearly every day a scout train carrying 100 soldiers and horses goes south over the Mexico North Western line as far as kilometer 50. A train of eight cars went out that far Monday and returned Monday night without any rebels being sighted. The train carried a number of soldiers, a machine gun, a howitzer and a bomb-dropping machine for use against the town.

Reports from the eastern border that Juan Doran, Gen. Villa's chief of staff, was at Nogales, Sonora, could not be confirmed. State officials have not heard of Doran's intended visit. The Chihuahua rebels at any rate probably could not secure artillery from Sonora to employ in the planned attack on Juarez. All available pieces are being used in the Guaymas attack.

Another version of the cause of the delayed attack on Guaymas is given by Joseph Pollen, who has arrived from the front. He said that through the instrumentality of admiral Cowles, on board the United States cruiser Pittsburg, Gen. Ojeda and Gen. Oregon had agreed to finish the fighting outside the town. Oregon's insurgent army, Pollen reported, had withdrawn to the north, but Ojeda's federals had not advanced. The insurgents, he said, had abandoned all positions near the city. When the federals moved back, they had withdrawn his sailors from the island in Guaymas harbor after arranging to supply the refugees with 3000 gallons of water daily.

## TO WORK FOR THE TEXAS AMENDMENTS

Automobiles, telephones, bugles and legs are to be used in getting out the vote Saturday for the constitutional amendment election in El Paso. The university club is planning to cover the city with automobiles and get every available voter to the polls to vote for the amendment that is to put the state university on a self-supporting and self-respecting basis. Robert Holliday is in charge of the plans for getting out the vote and will apply his previous experience as president of the Young Men's Democratic club to the task of getting El Pasoans to vote for the proposed amendment. W. H. Burzee will also make a brief talk on the amendment at the hand concert this evening.

## FIRST TO PRIZE FIGHT AND THEN TO THE JAIL

San Fual, who conducts a pawnshop on South El Paso street, went to the prize fight in Juarez Sunday. After the fight, he went to jail where he spent an hour explaining that he was not interested in furnishing ammunition to the Carranzistas.

## DAILY RIDDLES QUESTIONS.

1. Why does a donkey eat thistle?  
2. Why are blacksmiths the most discontented of mechanics?  
3. What is the difference between the death of a barber and the death of a sculptor?  
4. What is the difference between an apple and a rift?  
5. What article found in a woman's desk can you form from the letters in the following words: "A girly whisper?"

Answers will be found under their appropriate numbers scattered through the Classified Advertising pages.

## REBELS AGAIN SURROUNDED MONTELOVA TO ATTACK

Eagle Pass, Tex., July 15.—Montelova, which on Thursday last was captured by federalists, is now almost completely surrounded by rebels, who are expected to attack the city as soon as reinforcements arrived from Cuernavaca. The federalists number less than 1,500.

## ROOSEVELT IS HUNTING "BIG GAME" IN ARIZONA

Grand Canyon, Ariz., July 15.—Col. Theodore Roosevelt, his sons, Archibald and Quentin, and his nephew, Nicholas Roosevelt, have left here on a hunting trip into the "big game" country of northern Arizona and southern Utah.

## REINFORCEMENTS FOR GUAYMAS RECEIVED

United States Troops Succeeded in Getting Commitments to Promise to Fight Outside the City.

Nogales, Ariz., July 15.—Federal reinforcements Guaymas welcomed reinforcements numbering at least 1000 from the south yesterday.

The added strength was disconcerting to the insurgents, who had been delaying an attack on the town until they could get more heavy artillery for use against the gunboats in the harbor, and also until aviator Duffer Masson could perfect a bomb-dropping machine for use against the town.

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## Wonderful Kano.

In many ways is Kano a wonderful place to find in central Africa. This native city has great enfolded walls, twelve miles in circumference, pierced by thirteen deep gateways with platform and guardhouse and massive doors heavily clamped with iron. Its written records date back nearly 800 years. And although incomparable the most important it is not the oldest of these Hausa cities—Katsina, now in the same province, is probably older.

## TELEPHONE COMPLAINTS EARLY

Subscribers failing to get The Herald promptly should call at the office or telephone No. 2030 before 6:30 p. m. All complaints will receive prompt attention.

## KEEP UP SEARCH.

Searching at the Juarez end of the two bridges continues and women are still compelled to leave the cars and be searched in the customs detention station. No complaint is made of the manner in which this search is being conducted.

## ADS BY PHONE.

The ordinary cost of a Want Ad in the El Paso Herald is 25 cents. It reduces an average of about 70,000 readers each issue.

## Ten Commandments For the Traveling Girl

By Dorothy Dix

WHEN thou travellest, oh, my daughter, put money in thy purse and consideration for other people in thy heart, for like unto a pebble on the shoe or a thorn in the flesh is the woman who borrows the price of a ticket to get back home, and who thinks that she owes the Pullman Co. company and all that pertains thereto.

2—Remember, beloved, that thou art not the only pebble on the beach, and that thy fellow travellers have the same right to have their windows down that thou hast to have thine up. Ask not of the station agent more than 536 times at what hour

thine own home, and thy reward shall be as the reward of art who hath compassion upon her fellow creatures.

6—When thou arisest in the morning in the sleeping car, cover thy head and thy curl papers lest they offend the eyes of thy fellow travellers, and hasten swiftly to the dressing room, where thou shalt despatch thy toilette with great speed. Be not one of those who loiter about the door while they mangle their locks, and put ornament and paint upon their countenances, and that thy finger tips with honna, while their sisters moan and blaspheme in their loneliness without the portal, vainly seeking entrance.

7—When thou visitest a strange place, clamor not for the things thou hast at home, and mock not Paris because it hath not the customs of Swedenborg, and the wilful travellers, cannot have buckwheat cakes and maple syrup in the pension in Venice. Peradventure thou mayest even learn of the heathen by contemplating his ways.

8—When thou travellest in thine own country seek not the plaudits of the crowd, which to feast thy eyes on behold there in the Metropolitan Museum and the St. Patrick's Cathedral, and the Public Library in New York.

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